



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 42316, Babyfood, carrots, toddler

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	93.50	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2003
Energy	kcal	26	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2003
Energy	kJ	109	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2003
Protein	g	0.60	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2003
Total lipid (fat)	g	0.30	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2003
Ash	g	0.37	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2003
Carbohydrate, by difference	g	5.23	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2003
Fiber, total dietary	g	2.3	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2003
Sugars, total	g	2.50	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2003
Minerals													
Calcium, Ca	mg	19	--	--	--	--	--	--	--	--	Value manufacturer based label claim for added nutrients	--	03/2007
Iron, Fe	mg	0.20	--	--	--	--	--	--	--	--	Value manufacturer based label claim for added nutrients	--	03/2007

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Magnesium, Mg	mg	6	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Phosphorus, P	mg	21	--	--	--	--	--	--	--	--	Value manufacturer based label claim for added nutrients	--	03/2007
Potassium, K	mg	129	--	--	--	--	--	--	--	--	Value manufacturer based label claim for added nutrients	--	03/2007
Sodium, Na	mg	48	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	07/2010
Zinc, Zn	mg	0.20	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Copper, Cu	mg	0.081	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Selenium, Se	µg	0.8	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.7	--	--	--	--	--	--	--	--	Value manufacturer based label claim for added nutrients	--	03/2007
Thiamin	mg	0.020	--	--	--	--	--	--	--	--	Value manufacturer based label claim for added nutrients	--	03/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Riboflavin	mg	0.030	--	--	--	--	--	--	--	--	Value manufacturer based label claim for added nutrients	--	03/2007
Niacin	mg	0.250	--	--	--	--	--	--	--	--	Value manufacturer based label claim for added nutrients	--	03/2007
Vitamin B-6	mg	0.050	--	--	--	--	--	--	--	--	Value manufacturer based label claim for added nutrients	--	03/2007
Folate, total	µg	7	--	--	--	--	--	--	--	--	Value manufacturer based label claim for added nutrients	--	03/2007
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2003
Folate, food	µg	7	--	--	--	--	--	--	--	--	Value manufacturer based label claim for added nutrients	--	03/2007
Folate, DFE	µg	7	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2008
Choline, total	mg	5.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2007
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE	µg	736	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2003
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2003
Carotene, beta	µg	7156	--	--	--	--	--	--	--	--	Calculated or imputed	11131	04/2003
Carotene, alpha	µg	3340	--	--	--	--	--	--	--	--	Calculated or imputed	11131	04/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	11131	04/2003
Vitamin A, IU	IU	14710	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2003
Lycopene	µg	1	--	--	--	--	--	--	--	--	Calculated or imputed	11131	04/2003
Lutein + zeaxanthin	µg	167	--	--	--	--	--	--	--	--	Calculated or imputed	11131	04/2003
Vitamin E (alpha-tocopherol)	mg	0.59	--	--	--	--	--	--	--	--	Calculated or imputed	11131	04/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	7.9	--	--	--	--	--	--	--	--	Calculated or imputed	11131	04/2003
Lipids													
Fatty acids, total saturated	g	0.052	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2003
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
10:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
12:0	g	0.003	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:0	g	0.003	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
16:0	g	0.043	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
18:0	g	0.003	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Fatty acids, total monounsaturated	g	0.012	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2003
16:1 undifferentiated	g	0.003	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
18:1 undifferentiated	g	0.009	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Fatty acids, total polyunsaturated	g	0.148	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2003
18:2 undifferentiated	g	0.130	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
18:3 undifferentiated	g	0.019	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2007
Amino Acids													
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Caffeine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	11131	04/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	11131	04/2003